

ABSTRACT OF THE DISCLOSURE

5 This invention relates to a fully adjustable personal back rest and seat cooling
and heating system specifically designed to provide several hours of high efficiency
cooling or heating when used by a user as either a seat cushion and back or a mattress
or sleeping surface. This combination personal back rest and seat cooling and heating
system invention is capable of delivering several hours of high efficiency personal
cooling or heating without the use of caustic or toxic chemicals with virtually no risk
of injury associated with its use. This personal back rest and seat cooling and heating
10 system invention is portable, battery powered, lightweight and durable in construction
and specifically designed for use in harsh climatic conditions where access to
refrigeration and heating are limited or unavailable.